

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

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December 2017

Happy Holidays

FROM THE ADRC CONNECTION

SHARE YOUR GIFTS THE WHOLE YEAR THROUGH

With the holidays fast approaching many people have turned their attention to gift giving. Gifts come in a variety of ways: purchased, handmade, gifts of time, service or talents. Some of the best gifts to give and receive are not always wrapped in a box or given during the holiday season. They are meaningful and can be provided throughout the year. Here are ways to help make the world a better place through your gifts:

Find a cause you care about. Love to cook? Consider cooking meals for a local soup kitchen, Salvation Army, or a neighbor in need. If you enjoy carpentry, consider helping Habitat for Humanity. If you are not sure where to start consider VolunteerMatch.com. At Volunteer Match you can customize your search, with over 100,000 participating charities you are more than likely to find a volunteer opportunity right for you.

Don't have a lot of time? Consider giving blood. The American Red Cross or Blood Center of WI welcomes blood donors and each donation truly does make a difference, just one pint of donated blood can save up to three lives.

Assist seniors in need. The Aging of Disability Resource Center of Waukesha County has several opportunities to help seniors. They range from delivering meals on wheels to assisting a local senior dining center. See the website at www.waukeshacounty.gov/adrc. ERAs, formerly known as Interfaith, <https://eraswaukesha.org/> has opportunities to provide seniors with weekly visits, transportation to and from a medical appointment or help with grocery shopping, snow removal or yard clean up.

Lift a soldier's spirit. Operation Gratitude is a nonprofit that not only sends care packages to military personnel but also encourages letter writers to send words of appreciation and thanks to service men and women. You can also contact your local VFW, American Legion Post or VA Medical Centers to see how you may be of service.

Donation Stations. Gift giving could be a matter of cleaning out your closet and providing agencies with clothing, furniture or appliances. Agencies such as the Hope Center and Hebron House will gladly accept gently used clothing. Dress for Success helps disadvantage women succeed in the workplace and they welcome gently used professional attire. Habitat for Humanity accepts donated items for the home such as furniture, appliances and building materials.

Not able to get away? Consider volunteering from home. Websites such as United Way of Greater Milwaukee Waukesha County now feature ways you can volunteer virtually. Not computer savvy but like to use a telephone? Phone Reassurance through ERAs has volunteers calling to talk with isolated seniors as a way to check in with them and provide a social connection.

Gifts of Creativity. Love to quilt, crochet or knit? Consider making handmade lap robes, quilts, baby layette pieces or hat and mittens for homeless shelters, hospitals or nursing homes. Or donate your time reading to those living in a nursing home or memory care unit or volunteer by sharing a talent you may have such as crafts or computer skills.

As you can see, there are many ways to give to those in your community all year round, not just during the holidays. Giving, even in simple ways, can help others in need and improve your health and happiness.

KEEPING YOUR INFORMATION SAFE THIS HOLIDAY SEASON

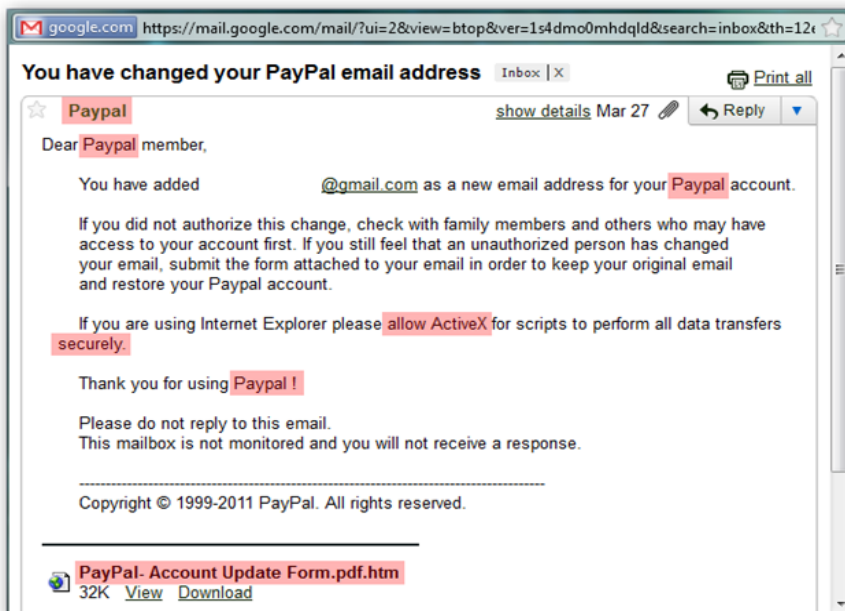
The holidays are upon us once again! This means most of us will soon be busy planning get-togethers, making travel plans, and finding the perfect gifts for our friends, family and loved ones. Many people, myself included, are using the Internet more frequently nowadays to shop, pay bills, make travel arrangements, and conduct banking. Unfortunately, more and more criminals are also using the Internet to try to figure out new ways to rip off the American public. One of the ways they do this is through something called "Phishing".



What is Phishing? Phishing is similar to fishing in a lake, but instead of trying to capture fish, phishers attempt to steal your personal information. They send out emails that appear to come from legitimate websites such as eBay, PayPal, stores you may shop at, banking institutions, or even government agencies such as the IRS. The emails will state that your information needs to be updated or validated, or that your account has been compromised in some way, and will request you enter your username and password, after clicking a link included in the email. Some emails will ask that you enter even more information, such as your full name, address, phone number, social security number, and credit card number. However, even if you visit the false website via the link provided and just enter your

username and password, the phisher may be able to gain access to more information by just logging in to your account. Phishing is a con game that scammers use to collect personal information from unsuspecting users. The false emails often look surprisingly legitimate. They will create a sense of urgency and make you believe you need to act immediately. They will overcome your natural defensiveness about clicking on an email you were not expecting. If you receive an email asking you to update or verify your personal information and you believe the email may be valid, go directly to the website by typing the URL in your browser's address field instead of clicking the link in the email.

For example, I recently received an email appearing to be from PayPal. The email was informing me the contact information on my account was changed, and asking me to verify the changes by clicking on the link included in the email. My gut reaction was to immediately click on the link provided, as I was concerned someone had altered and was using my account; however, I paused and considered the possibility this email may not be legitimate, despite its appearance. Instead of clicking on the link, I went to the browser address field at the top of the page and typed in <https://www.paypal.com>. Once on the PayPal site, I logged into my account and checked the account information section.



Continued next page



It so happens that no changes had been made to my account or contact information, so the email I received was a scam. Had I clicked on the link included in the email and logged into my PayPal account via the false website, the scammer would have had access to my account as well as the credit card associated with that account.

The Internet has trained us to have short attention spans and to be click-prone. With the hustle and bustle that accompanies the holiday season, criminals depend on us being so busy that we will click on an email link without thinking. Remember, in order for Internet criminals to successfully "phish" your personal information, they must first get you to go from their email to a website. Phishing emails will almost always tell you to click a link that takes you to a site where your personal information is requested. If you receive an email from any source that resembles this type of scam, stop and take a minute to think before you act. You can report suspicious emails to the Federal Trade Commission at spam@uce.gov - or just delete!



Older Driver Safety Awareness Week – December 4-8, 2017

Originated by the American Occupational Therapy Association (AOTA), Older Driver Safety Awareness Week highlights the importance mobility and transportation play in ensuring older adults remain active in their communities and to draw attention to older driver safety.

Aging is inevitable. The ability to drive safely can be affected by changes in our physical, emotional, and cognitive health. Although changes are a part of normal aging, they occur individually and at different rates and times. Just as one plans for retirement, it's important to plan for transportation needs. Proactive, early planning is essential to continued independence and safety. Many older adults hope to continue driving as long as safely possible, while silently wondering if a day will come when they might have to stop driving. Explore interventions and adaptations available to support an older adult in his or her goal to continue driving safely. Consider taking refresher courses such as AAA's Roadwise Driver <http://seniordriving.aaa.com/> or AARP's Smart Driver Course <https://www.aarp.org/auto/driver-safety/> to keep you, your passengers and others on the road safe.

WINTER FUN!

Just because it's cold out doesn't mean there's nothing to do until Spring. See the list below of some activities around Waukesha County and neighboring Counties.

- * November 24th-December 31st, 2017- Candy Cane Lane- candycanelanewi.com festively decorated homes and trees
- * December 1-31st, 2017 -Country Springs Hotel- Country Christmas. 262 547-0201 www.thecountrychristmas.com Drive through light show with over 1 million lights, animated figures and indoor Christmas village
- * Present-March 25th, 2018-Oconomowoc Winter Farmer's Market-Sundays 9:30a m-1:00 pm. N68 W37850 County Trunk K, Oconomowoc
- * December 1-23rd, 2017, Alzheimer's Association Silver Bells Caroling. Fridays 6:00 pm-9:00 pm, Saturdays 10:00 am-6:00 pm and Sundays 12:00 pm-4:00 pm Downtown Waukesha
- * January 10th, 2018-Muskego Public Library-The Door County Sled Dogs 6:30 pm-8:00 pm <http://cityofmuskego.org>
- * January 26-28th, 2018 Waukesha Janboree- janboree.org ice sculpting, fireworks and so much more
- * February 10th, 2018 Retzer Nature Center-waukeshacounty.gov/retzernaturecenter 262-896-8007 Free - snowshoeing, night planetarium and bonfire
- * Open Fall/Winter Eble Ice Arena-www.waukeshacounty.gov/ebleicearena (262) 784-5155 Public skating, adult open hockey and senior open skating.

Safer travel for those with dementia

Whether you're considering a weekend getaway or an extended stay, traveling with an individual who has Alzheimer's requires additional thought and preparation. People with Alzheimer's and their caregivers need to be prepared for a change in schedule and environment. Even if it is a trip you have taken before, it may feel new for the person with the disease.

Additionally, as Alzheimer's progresses, negotiating changes in environment will become increasingly challenging. Be prepared for the individual with the disease to experience some confusion or disorientation. Exercise caution, as wandering and getting lost are more likely during transitional times. The checklist below will help you plan for the trip and make it successful and safe.

Before going

Call the Alzheimer's Association chapter in the area you will be visiting. Let them know you will be staying in the area and ask about available resources. You can locate any chapter by calling 1.800.272.3900 or visiting www.alz.org/apps/findus.asp.

Enroll the person in MedicAlert[®] + Alzheimer's Association Safe Return[®], a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.

If you are already enrolled in MedicAlert, update your records with temporary contact information (call 1.888.572.8566).

Upon arrival

Let neighbors know a person with Alzheimer's is staying next door and ask them to keep their eye out for wandering or other unsafe behavior.

During the first few days after arrival, keep your schedule light with lots of down time.

Create opportunities to re-acclimate the person to the new environment.

Keep familiar things around.

Limit access to money and credit cards.

Limit access to driving.

Be aware that the change can be chaotic for the person.

Recognize the warning signs of anxiety and agitation.

For more tips on safety for people living with Alzheimer's disease and related dementias, including concerns about wandering, disaster preparedness, home and medication safety, visit the Alzheimer's Association Safety Center at www.alz.org/safetycenter or call 1.800.272.3900 to find the Alzheimer's Association chapter closest to you.



Pewaukee Police Officer & Detective Demonstrate Value of a Dementia Crisis Response

In mid-November, when two members of the Village of Pewaukee Police Department responded to a residential call, they quickly realized there was need to interact with the two individuals within the home using a dementia crisis response.

Law enforcement has a crucial role in serving people with dementia, requiring the use of effective strategies for working with individuals with dementia and their caregivers. When Officer Jeff Lenius and Detective Craig Drummond entered the home, they found challenging circumstances that required intentional communication efforts to de-escalate the situation. Trained members of law enforcement are able to recognize the signs of dementia, communicate with people with dementia, and determine how to assist them.

The ADRC of Waukesha County commends Officer Lenius and Detective Drummond for their helpful and respectful approach to reduce anxiety and calm the individual with dementia and the caregiver. Officer Lenius was also able to successfully transition them between the home and an important scheduled appointment, which further de-escalated the situation.

This example is just one of likely many multiple encounters with individuals with dementia that resulted in improved outcomes because of knowledge of dementia. Starting in late 2017, the Village of Pewaukee began its journey to become a ‘Dementia-Friendly Community’. Previously, the City of Oconomowoc developed a community coalition and through training and task group work is now recognized as a Dementia-Friendly Community. Next year, the Village of Sussex will begin their work in creating a Dementia-Friendly Community. This process follows specific steps to ensure key stakeholders in the community are able to respond with understanding to a person with dementia as they live and do things within the community. A community that works toward becoming a Dementia-Friendly Community initially defines the problem, then creates a vision, builds a plan—that includes partnering with the ADRC, builds a coalition or network, engages the community, and finally starts & sustains efforts by businesses and organizations to support local individuals who have dementia to engage in and be supported by the community. Any community within the county interested in learning more about this national movement to create Dementia-Friendly Communities is encouraged to contact Randy Kohl, Dementia Care Specialist at the ADRC, (262) 548-7650, rkohl@waukeshacounty.gov.

ADRC of Waukesha County staff members are knowledgeable about dementia, offer cognitive screens and family caregiver supports, and have information about resources and programs available in the community for individuals with dementia and their families. The ADRC has called a Dementia Crisis Stabilization Summit in early December to bring together First Responders, hospital systems, long-term care facilities and providers, and other key stakeholders to discuss necessary and ideal resources for a sustainable infrastructure for those living in Waukesha County who have dementia. The ADRC continues its efforts to build a culture of awareness where all members of our county are valued. The compassionate response by two members of the Village of Pewaukee Police Department is an example of how awareness and understanding make all the difference.

“Dementia does not rob someone of dignity. It is our reaction to them that does.”

~ Teepa Snow, nationally-recognized Dementia Care Education Specialist

Dear INA,

My Dad lives in Brookfield and fell last month. I had to call the paramedics but they could not get in to his house to help him. The window to his door had to be broken to get in. I heard about a Knox HomeBox, what is this and how could it have helped him?

Sincerely,

Dora Breaker



Dear Dora,

Each year nation-wide, millions of older people – those 65 and older – fall. In fact, one out of four older people fall each year, but less than half tell their doctor. Falling once, doubles your chance of falling again.

- 20% of falls cause serious injury such as broken bones or a head injury.
- Each year, 2.8 million older people are treated in emergency departments for fall injuries.
- Over 700,000 patients a year are hospitalized because of a fall, most often because of a head injury or hip fracture.
- Each year at least 250,000 older people are hospitalized for hip fractures.
- Falls are the most common cause of traumatic brain injuries (TBI).

Centers for Disease Control and Prevention

An emergency alert is a good option for people who fall. But what happens once the first responders arrive and cannot enter the home? Most often, they are forced to damage property to gain access.

The Elm Grove, Waukesha, Menomonee Falls, Brookfield, Hartland, Mukwonago, New Berlin, and Oconomowoc Police, Fire and EMS departments have teamed up with the Knox Company Residential Knox HomeBox program to offer residents of those communities the ability to purchase a high security key safe that provides specified First Responders access to your home key in an emergency. When residents are unable to open their door, or are not in the house, the First Responders can quickly open the Knox HomeBox, retrieve the house key, and enter the home without causing any damage. After the emergency, the door can be relocked, and the house key is placed back into the secured Knox HomeBox.

How do authorized emergency responders access a secured home?

The Knox KeySecure System that stores the master key for the Knox HomeBox is a proprietary secured key system. The local fire departments have a universal key within each of their trucks that can access residential boxes within the department's jurisdiction. The Knox key can only be released from the Key Secure unit with an individual entry code assigned to designated first responders. When the proper code is entered, the master key is released and is used to access the resident's Knox HomeBox. Each time the master key is removed from or re-installed in the Key Secure unit an audit trail is logged. This trail details which KeySecure unit was accessed, the date, time, and by which First Responder. The Knox HomeBox helps first responders enter the home quickly, reduces property damage and makes re-securing accessed property reliable, easier and faster.

How does a resident sign-up and order a Knox HomeBox for their home?

If you are interested in participating in this program, the Knox HomeBoxes can only be ordered online at www.knoxhomebox.com or call 855-438-5669 from the Knox-Box Company at a cost ranging from \$159.00 - \$174.00 depending on the selected style. The website further explains the system, provides box color options, styles, and has a frequently asked question section. Once a box is installed, you will need to call your local fire department and make arrangements for the box to be locked.



Check out our Evidence-Based programs *A Matter of Balance*™ and *Stepping On*™ for fall-prevention classes available for older adults listed on the next page!

EVIDENCED BASED HEALTH PROMOTION PROGRAMS

COFFEE TEA & (HEALTH) TALK

Tuesday December 5, 2017

10 am - 11 am

Health Care Power of Attorney

It is never too late to talk about end-of-life care and your personal wishes.

Holiday Gatherings are wonderful opportunities to talk about your wishes.

NEW DATE:

Tuesday January 9, 2018

10 am - 11 am

Fit to a T

Developed by the US Bone & Joint Initiative for people with Osteoporosis

“What is your risk of developing Osteoporosis?”

Join us to learn more.

Waukesha County Health & Human Services - Room 114

514 Riverview Road, Waukesha

FEATURING :

COMPLIMENTARY COFFEE, TEA and TREATS

TIME FOR QUESTIONS AND ANSWERS

HOW CAN THE ADRC HELP YOU ?

SEATING IS LIMITED RESERVATIONS REQUIRED

CALL THE ADRC AT (262) 548 - 7848



A Matter of Balance: Managing concerns about Falls

A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by trained facilitator. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to reduce fall risk factors by making changes their environment and learn simple exercises to increase strength and balance.

Tuesdays, **February 7**, through **March 28**, 2018 (8 weeks)

Time: 1:00 - 3:30pm Light Snack offered

Location: ProHealth Care **Regency Senior Community Muskego**

W181 S8540 Lodge Blvd.
Muskego, WI 53150

Contact: ADRC of Waukesha (262) 548 - 7848

Stepping On (falls prevention) workshop

This 7 week program is perfect for active senior adults who have fallen in the past year or have a “healthy respect” for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught beginning at session #1. Active, independent living adults without dementia will see the most improvement.

Mondays, January 15 through February 26 2018 (7 weeks)

Time: 1:30 – 3:30 pm light snack offered

Location: **Brookfield Highlands Senior Apartments**

20825 George Hunt Circle
Waukesha, WI 53186

Contact: Rani H. @ (262) 798-9612 or ADRC of Waukesha (262) 548 - 7848

The **Waukesha County Public Libraries** offer a wide variety of programs, presentations, and activities for seniors. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org. Here is a sampling of special events being held at some of Waukesha County Libraries. Check with your own library for other events happening throughout the month!

Alice Baker Public Library.
820 E. Main St.
Eagle, WI 53119
(262) 594-2800
Holiday Music with the Baboushka Babes
Friday, December 22 at 10:00 a.m.
<http://www.alicebaker.lib.wi.us>

Menomonee Falls Public Library
W156 N8436 Pilgrim Rd.
Menomonee Falls, WI
(262) 532-8900
Beyond the Trenches: Wisconsin in World War I
Thursday, December 7 at 7:00 p.m.
<http://menomoneefallslibrary.org>

Muskego Public Library
573 W16663 Janesville Rd
Muskego, WI 53149
(262) 971-2100
Gentle Stretch Yoga
Saturday, Dec. 2 and 9 at 10:00
<http://www.cityofmuskego.org/166/Library>

Big Bend Village Library
W230 S9185 Nevins St
Big Bend, WI 53103
(262) 662—3571
Quick St. Nick Gift, registration required / \$2.00 fee
Tuesday, December 5 at 4:00
<http://www.bigbend.lib.wi.us>



Pewaukee Public Library
210 Main St
Pewaukee, WI 53072
(262) 691-5670
WI Bowling League
Every Monday at 10:00, Please register by calling the library.
<http://www.pewaukeelibrary.org>

Delafield Public Library
500 Genesee St.
Delafield, WI 53018
(262) 646-6230
The State of Craft Beer: Author Matthew Janzen
Thursday, December 7 at 6:30 p.m.
www.delafieldlibrary.org

Mukwonago Community Library
511 Division St.
Mukwonago, WI 53149
(262) 363-6411
A Christmas Carol: A Two –Person Performance
Wednesday, December 13 at 7:00 p.m.
<http://www.mukcom.lib.wi.us>

Waukesha Public Library
321 W Wisconsin Ave.
Waukesha, WI 53186
(262) 524-3680
Doughnuts and Documentaries
Wednesday, December 13 at 10:00 a.m..
<http://waukeshapubliclibrary.org>

Community Memory Screens

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored. Early detection is as important as a screening for blood pressure, diabetes or a stroke. During the screening process an individual will get immediate results from their screen, receive information about dementia and Alzheimer's Disease, ask question directly to a Dementia Care Specialist, and learn about brain health and ways to stimulate your brain.

Library	Address	Date	Time
Brookfield Public Library	1900 Calhoun Rd. Brookfield, WI	1/04/2018	9:30am-1:30pm
Waukesha Public Library	321 W. Wisconsin Ave. Waukesha, WI	1/18/2018	10:00am-2:00pm
Hartland Public Library	110 E. Park Ave. Hartland, WI	1/23/2018	9:30am-1:30pm
Alice Baker Memorial Library	820 E. Main St. Eagle, WI	2/06/2018	10:00am-2:00pm

Good Night, Sleep Tight & Pleasant Dreams to You

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger. There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may be irritable, have memory problems or be forgetful. You may even feel depressed or have more falls or accidents.

Insomnia is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep and staying asleep. Insomnia can last for days, months, and even years. Having trouble sleeping can mean it takes a long time for you to fall asleep, you wake up many times in the night or wake up in the middle of the night and are unable to get back to sleep. You wake up tired and feel very sleepy during the day.

Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may make it harder to fall asleep and stay asleep. Some older adults who have trouble sleeping may use over-the-counter sleep aids. Others may use prescription medicines to help them sleep. These medicines may help when used for a short time, but remember, medicines aren't a cure for insomnia. Developing healthy habits at bedtime may help you get a good night's sleep.

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- ◆ Follow a regular sleep schedule. Try to go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- ◆ If you can, avoid napping in the late afternoon or evening. Naps may keep you awake at night.
- ◆ Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- ◆ Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep.
- ◆ Keep your bedroom at a comfortable temperature and as quiet as possible.
- ◆ Use low lighting in the evenings and as you prepare for bed.
- ◆ Exercise at regular times each day but not within 3 hours of your bedtime.
- ◆ Avoid eating large meals close to bedtime - they can keep you awake.
- ◆ Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- ◆ Remember - alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

You may have also heard about some tricks to help you fall asleep. You don't really have to count sheep - you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep. Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head. Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you have trouble falling asleep and staying asleep for more than 2 or 3 weeks, you may want to talk with your doctor about changes you can make to get a better night's sleep.





Enjoy Cranberries Year Round



Did you know that Wisconsin is the nation's leading producer of cranberries? Wisconsin harvests more than 60 percent of the country's crop. The cranberry was named Wisconsin's official state fruit in 2004. It is Wisconsin's number one fruit crop, both in size and economic value.



The cranberry was once called the "crane berry" by settlers because of its blossom's resemblance to the Sandhill Crane. It was first harvested in Wisconsin around 1860 by Edward Sacket in Berlin, Wisconsin. Today, more than 250 growers produce cranberries throughout central and northern Wisconsin. Cranberries are grown on 21,000 acres across 20 counties in Wisconsin. The sand and peat marshes in central and northern Wisconsin create the perfect growing conditions for cranberries.



Native Americans brewed the berries into calming tea and poultices to help heal wounds. American whalers used the berry to help fight scurvy as it is rich in vitamin C. Research shows that cranberries score among the highest of all fruits in antioxidants and are often referred to as a superfood. The nutrients in cranberries have been linked to a lower risk of urinary tract infections and may be beneficial in the prevention of ulcers, which are linked to stomach cancer and acid reflux.



Cranberries are harvested in late fall and early winter. With proper packing and freezing methods cranberries can provide you with a steady supply until next harvest season. To freeze fresh whole cranberries, spread them out on a cookie sheet and place in the freezer. After a couple of hours, transfer the fully frozen berries to a freezer bag, seal and date. Frozen whole berries, dried cranberries or cranberry juice are not just for the holidays anymore, they can be enjoyed year round.



Marketplace Open Enrollment *By the GWAAR Legal Services Team*

Open enrollment for the healthcare Marketplace is November 1 through December 15, 2017. Coverage under the Marketplace includes essential health benefits as well as free preventive care. Many people who purchase health insurance through the Marketplace are eligible for subsidies to make their insurance premiums more affordable.

Wisconsin will have 11 insurance companies offering different health plans throughout the state. Plan availability and coverage options vary by county. It is important that every person on a Marketplace plan review their coverage options for 2018 because plan options and pricing change on an annual basis. To review options and enroll in a Marketplace plan, visit www.healthcare.gov or call (800) 318-2596. Navigators, enrollment assisters, and insurance agents can also help people enroll in a Marketplace plan. To find local resources in your community, visit www.coveringwi.org/enroll. The Affordable Care Act is still the law, and the financial penalty for non-compliance with the healthcare mandate in 2018 is \$695 or 2.5% of household income, whichever is greater. Important note: The Marketplace health insurance is for people who do not have other health insurance. If you have health insurance through Medicare, Medicaid, the VA, or employer-sponsored health coverage, then you do not need to do anything on the Marketplace.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

www.waukeshacounty.govElderBenefitSpecialistProgram/

Craveable Cranberries

Cranberries are nutritional powerhouses! They rank high in “antioxidant capacity,” which is a measure of the disease-fighting antioxidants in a food. **Polyphenols** (a type of antioxidant in cranberries) may help to prevent chronic diseases such as heart disease and cancer.

Cranberries also a great source of vitamin C and fiber.

Cranberries are available frozen and canned year-round, but in the fall and winter, you can buy them fresh. Cranberries will stay fresh for up to two months in the refrigerator!

With fresh or frozen cranberries, you can make...

Easy Cranberry Sauce

Makes: 10 servings

Ingredients:

1 bag (12 ounces) fresh cranberries

1 cup orange juice

$\frac{3}{4}$ -1 cup sugar, to taste

1 teaspoon cinnamon

Directions:

In a medium saucepan over medium heat, add cranberries, orange juice, sugar, and cinnamon. Stir to combine.

Cook mixture until cranberries start to pop, about 10-15 minutes. Remove from heat.

Serve immediately or store in the refrigerator.

Cranberry sauce will thicken as it cools.

Tastes great on chicken, turkey, or pork, stirred into oatmeal, or in Cranberry Dip! (see recipe below)

With canned cranberries, you can make...

Cranberry Dip

Makes: 8 servings

Ingredients:

$\frac{1}{2}$ cup whole-berry cranberry sauce

$\frac{1}{2}$ cup nonfat or low-fat vanilla, lemon, peach yogurt

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground ginger

Directions:

In a medium bowl, mash the cranberry sauce slightly until it is fairly smooth. Add remaining ingredients and stir well.

Serve with chunks or slices of fresh fruit such as apples, pears, or pineapple.

Store in an airtight container in the refrigerator.

With dried cranberries, you can make...

Cranberry Roasted Brussels Sprouts

Makes: 6 servings

Ingredients:

1 $\frac{1}{2}$ pounds of Brussels sprouts, halved

3 Tablespoons olive oil

$\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon pepper

1 Tablespoon apple cider vinegar

1 Tablespoon honey

$\frac{1}{2}$ cup dried cranberries

Directions:

Preheat oven to 425 degrees. In a large bowl, toss Brussels sprouts with oil, salt, and pepper.

Transfer sprouts onto a baking sheet. Spread in an even layer.

Bake until Brussels sprouts are fork tender with golden brown/slightly crispy edges, about 20 minutes.

Return the roasted sprouts to the bowl. Add honey, apple cider vinegar, and cranberries and toss to distribute evenly. Serve.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 —Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 — Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 —Kelly Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 —Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm or the ADRC at (262) 548-7826 one working day in advance. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

Breakfast at Tiffany's? Well, not exactly.

But we are trying something new at the Brookfield and Sussex Dining Sites... Breakfast!

On Wednesday, December 13, instead of lunch we will be serving breakfast at the Sussex Senior Dining Center. We're doing the same at the Brookfield Senior Dining Center on Tuesday, December 19.

The senior meal will be served earlier and we will be enjoying breakfast foods instead of lunch!

Contact the Sussex and Brookfield dining centers for times and details.

The ADRC Connection Newsletter Is Just A Click Away...

The ADRC Connection newsletter is a monthly publication from the Aging and Disability Resource Center of Waukesha County. We truly hope that you enjoy reading this newsletter. Our goal is to provide information on the many services and resources we offer, as well as topics that may be of interest to you. You can access current and archived issues of our newsletter online by going to our website at <https://www.waukeshacounty.gov/HealthAndHumanServices/adrc/ADRCNewsAndIssues/>



If you would like to have a newsletter sent to you via email, please contact the ADRC at 262-548-7848, provide us with an email address and you will be added to our list to receive the newsletter electronically each month. If you no longer wish to receive our newsletter, please let us know that as well and you will be removed from all mailings.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HO-HO-HOME DELIVERED MENU DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p style="text-align: center;">ALT= LOW SUGAR ALTERNATIVE</p> <p style="text-align: center;"><i>Menu subject to change without notice</i></p> 				<p style="text-align: center;">1</p> <p>Meatballs in Marinara Sauce Whole Wheat Penne Pasta w/ marinara Italian Blend Vegetable Italian Bread/Butter Tropical Fruit</p>
4	5	6	7	8
Oven Baked Ham Mashed Potatoes & Gravy Baked Beans Dinner Roll w/Butter Dessert Bar Alt. Banana	Sweet & Sour Chicken With Green Peppers, Onion and Pineapple Chunks Brown Rice Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie	Stuffed Cabbage Roll Seasoned Rice Carrot Coins Dinner Roll w/ butter Fresh Orange	Grandma's Ground Beef Casserole Mixed Veggies Wheat Bread w/ Butter Fresh Fruit Chocolate Chip Cookie Alt. Sugar Free Cookie	Breaded Fish Tartar sauce Rice Pilaf w/ herb butter sauce Creamy Coleslaw Dinner Roll w/ Butter Peaches Chocolate pudding Alt. Apple
11	12	13	14	15
BBQ Pork on Bun Hashbrown Casserole Creamy Coleslaw Tropical Fruit Ice Cream Alt. Diet Pudding	Chili w/ crackers Romaine Salad Ranch Dressing Biscuit w/Butter Fresh Banana	Chicken Parmesan Mostaccioli w/ Marinara Peas and Pearl Onions Italian Bread w/Butter Dessert Bar Alt. Diet Cookie	Oven Baked Ham Baked Sweet Potato w/ butter Spinach Cranberry Salad w/ Balsamic Vienna roll w/ butter French Silk Pie Alt. Sugar Free Cookie	Chicken Cordon Bleu Red Potatoes Quarters w/ butter Green Beans Almandine Baker's Choice Cookie Alt. Fresh Fruit
18	19	20	21	22
Sloppy Joe on Whole Wheat Bun Mixed Vegetables Diced Pears Sugar Cookie Alt. Sugar Free Cookie	Chicken Stew with Dumplings Broccoli Bread w/Butter Peaches	HAPPY HOLIDAYS Roast Beef w/ gravy Baked Potato w/ sour cream and butter Green Bean Casserole Italian Bread w/ butter Cherry Pie	Cranberry Glazed Oven Roasted Pork Scalloped Potatoes Carrots Coins Dinner Roll w/Butter Frosted Chocolate Cake Alt. Plain cake	Vegetable Lasagna Italian Blend Vegetables Italian Bread/Butter Mandarin Oranges
25	26	27	28	29
PROGRAM CLOSED	PROGRAM CLOSED	Pork Cutlet in gravy Brown Rice w/ gravy Steamed Spinach Dinner Roll w/ butter Spiced Apple Slices	Baked Chicken Mashed Potatoes w/ gravy Winter Blend Veg Cracked Wheat Dinner roll w/ butter Dessert Bar Alt. Fruit Cup	Tuna Noodle Casserole Sweet Green Peas Croissant w/Butter Grapes

Happy Holidays

The ADRC and Senior Dining Sites will be closed on the following days

Monday, December 25th; Tuesday, December 26th; and Monday, January 1st and Tuesday, January 2nd.

Happy Holidays!

Let it Snow, Let it Snow, Let it Snow!

Using the clues below, solve the crossword puzzle. Hint: All the words have the letters SNOW

Seasons Greetings

From the ADRC of Waukesha County



Across

3. Footgear that enables the wearer to walk on snow without sinking
5. A pile or heap of snow
6. A vehicle with a device mounted on its front, used to remove snow from roads
9. A design made in the snow by laying on one's back and doing 'jumping jack' movements.
10. A machine that clears snow from a surface by projecting it forcefully through a chute.

Down

1. A single crystal of snow
2. A small motorized vehicle with ski runners used for traveling on snow.
4. A plank equipped with bindings for the feet and used to maneuver down snow-covered slopes
5. Frosty the _____.
6. Someone who moves from a cold state to a warm state in the wintertime.
7. A child's zippered winter coverall.
8. A mass of wet snow packed and thrown.

CAREGIVERS HAVE RIGHTS, TOO

It happens gradually. She needs a little help balancing the checkbook. There are other bills on the counter not getting paid. You stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home alone without your help.

The next things you notice involve your own life – when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry and frustrated? The answers are enmeshed with your new “job” that you didn’t realize you had.

Caregiving is like another job. You choose to do it and truly want to do it. But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts and energy and it can chip away at your physical and emotional health. But don’t dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one, too.

For all you caregivers out there, please read and follow these rights.

You have the right to:

- ◊ Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier and a better caregiver for your loved one!
- ◊ Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- ◊ Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss and depression. Acknowledge these feelings and find someone to talk to about them.
- ◊ Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- ◊ Accept the positive feelings - appreciation, love, forgiveness, gratitude – bestowed on you by your loved one and others who see your difficult task.
- ◊ Caregiving is hard work and you should feel happy and proud to be a caregiver.
- ◊ Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver end.

Cut out the bookmark on the right to remind yourself of your Rights as a caregiver.

If you need help finding resources for home care services, support groups or other caregiving issues, please call the Aging & Disability Resource Center of Waukesha County at 262-548-7848.

Jane Mahoney, Older American’s Act Consultant
Greater Wisconsin Agency on Aging Resources



The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and ERAs Senior Network, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County.

Visit thecaregiverconnection.org for more

A Caregiver's Bill of Rights

I have the right:

- To take care of myself. It will give me the capability of taking better care of my relative.
- To seek help from others even though my relative may object.
- To maintain facets of my own life that do not include the person I care for.
- To get angry, be depressed and express other difficult feelings occasionally.
- To reject any attempt by my relative to manipulate me through guilt, anger or depression.
- To receive consideration, affection, forgiveness and acceptance for what I do.
- To take pride in what I am accomplishing.
- To protect my individuality and my right to make a life for myself.
- To expect and demand that new strides will be made toward aiding and supporting caregivers.



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or
removed from this mailing, or if you
would like to receive our Newsletter
electronically, please call the ADRC at
(262) 548-7848